

The **SENIOR SENTINEL**



**CARSON CITY
SENIOR CENTER**



**911 Beverly Drive
Carson City, Nevada 89706
775-883-0703 • fax 775-883-2869
SeniorCenterNewsletter@carson.org
9 a.m. to 4 p.m.
Monday through Friday
www.carsoncityseniorcenter.org
f / carsonseniorcenter**

From The Desk Of The Executive Director

Thank you to those who submitted their comments and feedback from our bi-annual nutrition survey. The information is helpful as we move forward with our programs. Based on the feedback we received, we are going to make changes starting in July. First off, we will have a menu for each program: Congregate and Meals on Wheels. The entrées stay the same however the sides are going to change based on feedback. Pay attention to the menu you are reading as there are two.

Meals on Wheels: you asked for more veggies and less salads. We are increasing the portions giving you DOUBLE portions on veggies. This will eliminate the fresh salads. You've also asked for more fruit cups and juices, and we will work those into the menu.

Congregate: we will continue to serve salads as you requested but if you would prefer double veggies instead, just ask as we serve you.

These changes aren't permanent. Just something we wanted to try based on your feedback. We send another survey after trying this for a few months but don't wait to call me if you have comments.

Kind regards,

Courtney Warner
Executive Director

**HOLIDAY
CLOSURE**
Monday, July 4
closed for Fourth of July



2022
The Carson Follies
Presents

STORYTELLERS

**SATURDAY
JULY 9, 2022
1:00 & 5:00 PM**

At the Carson City Senior Center
911 Beverly Drive, Carson City

\$10 General Admission • Children 4 and under free

Tickets available one hour before the performance
at the Carson City Senior Center
www.carsoncityseniorcenter.org

All proceeds benefit **MEALS ON WHEELS** CARSON CITY

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RESOURCE CONTACT INFORMATION

Nevada State Information Service.....	211
Aging & Disability/CHIP	687-4210
Alzheimer Association.....	1-800-272-3900
Care Chest.....	829-2273
Carson City Health & Human Services	887-2190
Crisis Call.....	784-8090
Day Labor.....	684-0436
Elder Care Law.....	687-4680
Elder Protective Services.....	688-2964
Energy Assistance	684-0730
FISH.....	882-3474
Food Bank.....	331-3663
HUD (Nevada Rural Housing Authority).....	887-1795
JAC (Jump Around Carson).....	841-7433
Medication Management Program, University of Nevada, Reno	784-1612
Nevada Legal Services.....	883-0404
Nevada State Welfare.....	684-0800
Northern NV Center for Independent Living	353-3599
Retired & Senior Volunteer Program (RSVP)	687-4680
Ron Wood.....	884-2269
Sanford Center on Aging.....	784-4774
Senior Companion Program	358-2322
Senior RX.....	687-7200
SHIP (State Health Insurance Program)	1-877-385-2345
Social Security Administration.....	1-800-772-1213
Suicide Prevention Lifeline	1-800-273-8255
Veterans Administration.....	786-7200
VA Medical Benefits Information.....	328-1293
VARN (Volunteer Attorneys for Rural NV)...	883-8278
Weatherization.....	887-1795, Ext. 124

ALZHEIMER'S SUPPORT GROUP (www.alz.org)

**4th Wednesday meetings are
on Zoom until further notice.**

**Contact the Alzheimer's
Association for details.**

We offer a variety of no cost education,
support groups, early stage engagement
activities, care consultations, respite
funding, information and referrals.

National Alzheimer's Helpline

1-800-272-3900

Available to you 24/7



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How to Stay Hydrated for Better Health

Water isn't just a thirst quencher. It's essential to almost all bodily functions, from lubricating our joints

to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink eight glasses of water a day" has become a familiar mantra on morning talk shows and in magazines.

What is the meaning of "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

There are simple steps you can take to get the water your body craves. The following are some ideas to get you started:

Choose foods with high water content. If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watching your sodium, be sure to opt for low-sodium versions.

Keep water with you, always. Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.

Avoid or reduce your alcohol intake. Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.

Change it up. Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your H₂O by adding slices of fresh lemon, apple, cucumber or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for seniors. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.

Build hydration into your routine. Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

For more tips on how to stay hydrated, ask your healthcare provider. Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

[www.ncoa.org/article/](http://www.ncoa.org/article/how-to-stay-hydrated-for-better-health)

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Barry's Trivia Question of the Month JULY

by Barry R. Bjorkman
Former Advisory Council Chairman

Q: What is the Capital of Iceland?

PREVIOUS MONTH'S QUESTION & ANSWER

- Q.** What was the name of Lake Tahoe before it was changed to Lake Tahoe on July 18, 1945?
- A.** Lake Bigler (Third Governor of California).

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Christie Wilde
Location Manager

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THRIFT STORE SALES
THIS MONTH'S SPECIALS:

Tuesday | Crafts 50% OFF
Wednesday | Senior Day 50% OFF
Thursday | Kitchen Items 50% OFF
Friday | Boutique 50% OFF
Saturday | 50% OFF entire store

MANAGER - JAMES PAINTER

(775) 301-6676

HOURS: 10 a.m. to 5:30 p.m. • Tues-Sat

Donations needed: small appliances, dish ware, pots, pans and furniture. Please tell friends and family that we are in need of donations and would be happy to pick up the items! All proceeds help to feed our homebound seniors.

FREE PICKUP of donated items!



Autumn
Funerals & Cremations
1575 N. Lompa Lane, Carson City, NV 89701

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**JUNE
BIRTHDAYS**

Queen

ALICE ROWE

81 Years Young

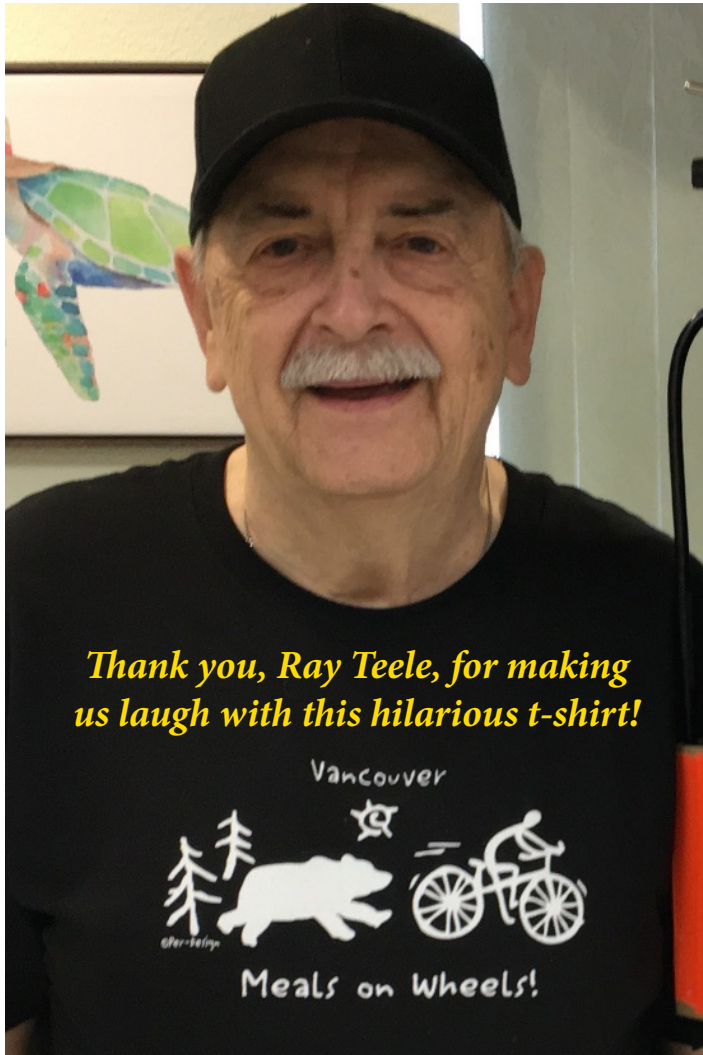


King

TOM WELLIVER

73 Years Young





Thank you, Ray Teele, for making us laugh with this hilarious t-shirt!

Senior Submission

My neighbor was gardening when suddenly a late-model car came crashing through his hedge and ended up in his front lawn.

He rushed to help and found an elderly lady in the driver's seat. He helped her out of the car and sat her down on a lawn chair.

He said, with adrenaline pumping, "You appear quite elderly to be driving."

"Well, yes, I am," she replied proudly. "I'll be 97 next month, and I am now old enough that I don't even need a driver's license anymore."

He asked "How do you know?"

"The last time I went to my doctor, he examined me and asked if I had a driver's license.

I told him, yes and handed it to him.

The doctor took a pair of scissors out of the drawer, cut the license into pieces, and threw them in the waste basket, saying, 'You won't need this anymore.'

So I thanked him and left!



Thank you Harrah's and Harvey's for the courtyard cleanup!!!

Aboriginal Australian Dot Painting

Free Art Workshop

Tuesday, August 2, 9, 16, 23, 30

1:00pm - 2:30pm

Carson City Senior Center, 911 Beverly Dr.
Job's Peak Room

Culminating event: August 30

Register by calling (775) 883-0703

NEVADA
ARTS COUNCIL

NATIONAL
ENDOWMENT **for the ARTS**
arts.gov

Classes Sponsored by The Nevada Arts Council
National Assembly of State Arts Agencies (NASAA)
E.A. Michelson Philanthropy

NOTICE BOARD

AARP DRIVER'S SAFETY CLASSES

Upcoming in-person classes:

**July 18, August 8, October 10,
November 14, December 12**

9:30am - 1:30pm • Tahoe Room

Cost: AARP Member \$20 & non-member \$25 Payable day of class by cash or check (written to AARP). No credit cards.

SILVER SMITHING CLASS

**\$60 for 6 lessons
with all supplies provided**

Thursdays at 1pm

**Call Richard Castle
(775) 400-6205**



*Phone
Pals*



Sign up to receive a friendly phone call from a volunteer as part of our new "Phone Pals" program. The goal of this program is to connect seniors who would like to connect more with others but may be limited due to being homebound or staying home due to the pandemic. This new pilot program is a safe way to connect with others using the phone. Sign up by calling Courtney Warner at (775) 883-0703.

FREE Movie Matinee

**Tuesday, July 12 at 1pm
in the Nevada Room**

Call for current showing

(775) 883-0703

(due to copyright, we can't advertise)

SEEKING DONATIONS

Donate your gently used jewelry, pocket watches, pocket knives, and bolo ties for our bi-annual jewelry sale, a fundraiser for Meals on Wheels. **Drop off at Reception today!**



PING PONG

Did you know the Senior Center has a ping pong (aka table tennis) room? The tables are lonely as they haven't had many to play lately so grab a partner and start playing! Need a partner? Call Courtney Warner (775) 883-0703 to be paired with another player.

Dance with Live Music

at the Carson City Senior Center

Kick up your dancing shoes and enjoy the live music of Dan & Nadine at the Carson City Senior Center, 911 Beverly Drive, on **Friday, July 1, 6-9pm**. Doors open at 5:45pm. Admission is \$10.00/person, open to all ages. Light refreshments served included with admission. Dances occur the 1st Friday of each month!



SUNDAY BINGO

July 4, 10, 24

\$3 Early Bird pack \$50 Payouts

**\$6 First Buy-In Pack, \$5 each additional Pack
\$100 Payouts**

\$1 Specials: Double Action, Starburst,
Progressive, Bonanza, Letter X Progressive
\$2 Blackout

\$120 Payout or \$500 Progressive

Doors open at 11am | Games start at 1pm

Must be 21 to Play

All proceeds benefit the "Meals on Wheels" program



911 Beverly Drive Carson City, Nevada 89706

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My check in the amount of \$15.00 is enclosed.

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SENIOR CENTER

(775) 883-0703 • FAX: (775) 883-2869

9 a.m. to 4 p.m., Mon-Fri

Lunch is served between

11 a.m. to 12:30 p.m., Mon-Fri

Suggested donation: 60 & older: \$2.25

Hidden Treasures Gift Shop

10 a.m. to 3 p.m. Mon-Fri

Second Wind Thrift Store

10 a.m. to 5:30 p.m. Tues-Sat

Newsletter Submissions:

Send by the 10th of each month to
SeniorCenterNewsletter@carson.org

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